



SAIL
The Anchor



Winter 2018

For 26 years Soyland Access to Independent Living, SAIL, has assisted people with disabilities in becoming active participants in their communities by providing **Advocacy, Independent Living Skills Training, Information and Referral, Peer Counseling and Transition Services**. SAIL has worked with over **9700** people across the six-county service area, Macon, Moultrie, Shelby, Coles, Clark and Cumberland Counties. The SAIL mission is "**promoting independent living for all people with disabilities**".

This past fiscal year, SAIL served **317** people with disabilities by providing **1959** different services. SAIL also provided another **1006** individual services as requested by people who chose to not open a Consumer Service Record. SAIL provided a total of **2965** individual services during FY18.

123 consumers requested and received advocacy services.

93 people with disabilities received independent living skills training to gain and/or maintain their independence.

637 requests for Information and Referral assisted people in obtaining access to benefits, services and community programs.

42 consumers received peer counseling to assist them in managing their disabilities and overcoming societal barriers.

110 consumers received assistive technology services to enhance daily independence in their home and community.

6 individuals with disabilities were assisted in moving from nursing home residence back to independent community living.

66 people received training for employment as Personal Assistants, P.A., to be eligible to work for people with disabilities in their homes.

47 people with disabilities received Personal Assistant Management training to better manage their daily P.A. services.

75 SAIL presentations, **12** Disability Awareness Trainings, **18** community fairs and **31** workshops were conducted and/or attended by SAIL Staff to raise awareness and provide education to the community about disability related issues.

SAIL receives a majority of its funding from the Illinois Department of Human Services, Division of Rehabilitation Services and federal funds from the Department of Health and Human Services. These grants alone are not enough to empower SAIL to meet all the organization's goals in serving people with disabilities. Please consider giving a donation to SAIL this holiday season. Your gift is tax deductible, and upon receipt of your donation, you will receive a letter of acknowledgement for your tax records. If you would like further information, or a SAIL presentation for your business or organization, please call 876-8888 or 800-358-8080 (V/TTY). You are also welcomed to visit the SAIL website at www.decatursail.com.

Thank you for your support,
Cathy Meadows
SAIL Board President



MEDICAL EMERGENCY LIST- BE PREPARED

by Amy Corbin, Triple C Coordinator

Everyone should be prepared for a medical emergency. One way is to have a medical information list on your refrigerator for each person in the home. Information could include the name, picture, date of birth, current medications, allergies, and any other medical conditions or devices used by each person in the home.

The name of an emergency contact person allows the responders to call someone when an emergency happens. Other useful names for the list are a primary care physician, preferred hospital and the medical power of attorney, if anyone in the home as a person designated for this purpose. The location of these forms would also be helpful. Medical insurance information may also be something to add.

This information can be written on a regular sheet of paper and taped to the appliance. Printable forms can be found on the internet and sometimes local hospitals and service providers have a magnetic list or paper forms to take and complete for this purpose.

The overall message is to be prepared. The list provides the first responders with medical information to better treat that person experiencing an emergency. If you would like more information or need assistance in creating a list, contact a local SAIL Office.

A CONSUMER STORY

by Rich Adams, Visual Services Advocate

There are some people that have so much energy, spunk, persistence and heart for the good of others. I know a gentleman who continues to serve others as he handles difficulties due to aging, the loss of his spouse, major surgeries and living with two disabilities.

This man is in his late 80s and is severely visually impaired because of macular degeneration and glaucoma. As a veteran with hearing loss, he received hearing aids from the Veterans Administration. He has had three knee replacements and is preparing for a hip replacement soon. He still enjoys working on tasks for others that requires kneeling or climbing a ladder and driving his pickup truck around town.

He learned about SAIL from a friend in his church years ago and more recently tried magnification aids at the local Seniorama. The only magnification aids that work well for him are the electronic ones which he uses every day in keeping notes on tasks that he can do to aid others. Due to many small items appearing blurry, he was shown techniques that assist in clarifying information. One approach is to circle a name or number with a dark pen and fluctuating his eyes to better use his peripheral vision. He also received a Pocket Talker useful when listening to the television or riding in the back seat of a vehicle. A large print Bible and New Living Bible on tapes promise to increase his access to scripture as well. He decided to sell his home and reside in a senior facility, but he is always on the alert to be helpful to others.





A stronger Illinois begins at home

BECOME A HOUSING CHAMPION

Housing Action Illinois is a statewide coalition with a mission “To increase and preserve the supply of decent, affordable, accessible housing in Illinois for low-and moderate-income households.” Along with 160+ member organizations, the coalition works to empower communities through three programs: Policy Advocacy, Public Education and Organizing and Capacity Building.

Housing Action Illinois’ vision is “To create an environment where all Illinois residents, including people with the lowest incomes, have a voice in housing policy and community development. We seek to bring together community stakeholders such as residents, businesses, and government to work together to increase the supply and availability of affordable housing across the state.”

If you would like to be kept informed about the latest housing development policies and trainings available, go to <http://housingactionil.org/> and click on “Join”.

Source: <http://housingactionil.org>



THE HOLIDAY SEASON AND CHILDREN WITH DISABILITIES

by Emily Dobson, Program Manager

The holiday season is near and that means extra excitement, changes in routine, noisy environments and a steady diet of snacks and treats. These can lead to extra anxiety and stress for children with disabilities and their families. The Special School District of St. Louis shared some tips that will help families reduce holiday stress and increase holiday enjoyment for everyone:

- Stick to your daily routine as much as possible.
- Make sure everyone gets plenty of rest.
- Keep meals and snacks healthy as possible.
- Pick holiday activities with your child’s disability in mind. If he or she struggles in large crowds or has sensory issues with loud noises, try to avoid those events or observe from a quieter area.
- Prepare children for activities before they take place. Let them know where they are going, what time they are leaving and when they will be returning home to reduce anxiety.
- Find some regular “quiet” time or rest time to help your child unwind and relax.

Planning and preparing for changes to the daily routine, helps families and their child with a disability prevent meltdowns and have a happier holiday season.



EMPLOYMENT OPPORTUNITIES

by Betty Watkins, Rural Outreach Coordinator

SAIL posts local employment opportunities in all three offices. Feel free to come by see if you can find just the right employment opportunity on our SAIL bulletin boards.

Decatur Office- 2449 E. Federal Drive; Phone # 1-217-876-8888

Shelbyville Office- 1604 W. Main St., Suite 100; Phone # 1-217-774-4322

Charleston Office- 707 Windsor Road, Suite B; Phone # 1-217-345-7245

SAIL toll-free # 1-800-358-7245

Benefit Access Application Renewal

by Emily Dobson, Program Manager

Do you receive a reduced fee on your license plate sticker or the ride-free bus pass for fixed route transit because of your disability? Will your sticker or bus pass be due for renewal during the holidays? You still have time before the end of the year to complete a new or renewal application by appointment at any SAIL office. The Benefit Access Program replaced the Circuit Breaker program in 2013. It provides people with disabilities a discount on license plate fees and a people with disabilities ride free transit card for use on fixed route public transportation. The Benefit Access Application, BAA, must be completed by computer. No paper forms are available. To complete a new or renewal BAA filing, bring the following documentation to the appointment:

- Proof of Social Security income for 2018 (Form SSA-1099)
- Proof of other benefits such as Veterans benefits, taxable amounts of pensions and any other income received by applicant or spouse if applicable
- Correct Social Security number
- Spouse’s correct Social Security number (if married and living together)

For more information or to make an appointment, call any SAIL office.

UPCOMING SAIL OFFICE CLOSINGS



The business hours at all SAIL offices are Monday through Friday 8:30 a.m. to 4:30 p.m. During December 2018 and January, February of 2019, all SAIL offices will be closed on the following dates.

- Friday, December 21st – Tuesday, January 1st – Holiday Closure
- Monday, January 21st – Martin Luther King Day
- Monday, February 18th – Presidents’ Day

Additional closings occur in the Charleston and Shelbyville offices when staff are in the community providing consumer services, education activities and attending meetings. When staff is out, the phone system routes all calls directly to the main office in Decatur. SAIL has an employee dedicated to answer phone calls during normal business hours.

BE PREPARED for Winter

by Lori Smith, Program Accommodation Coordinator



If you live in the Northeast or Midwest, you know the drill. Winter can bring four months or more of seeing your breath in the freezing weather outdoors. Beyond the inconvenience and discomfort, a winter storm or other severe weather can be dangerous. So, it's important to BE PREPARED.

Safety measures for working outside: Walk carefully on snowy, icy walkways. Avoid overexertion when shoveling snow. It's a serious workout and going at it too hard can bring on a heart attack which is a major cause of death in the winter. If you must shovel snow, stretch before going outside. Stock up on products that melt ice on walkways, even cat litter or bags of sand can add traction on sidewalks. Stay dry, wet clothing loses all its insulating value and transmits the cold rapidly. Always have a cell phone with you when out in the winter weather.

Safety measures for staying warm in your home: Stay indoors during a storm. Be sure to have extra blankets, sleeping bags and warm winter clothing. Be sure the cell phone has a portable charger. Have a battery powered radio, lamps and flashlights with extra batteries on hand. Ensure the fireplace is up to code with plenty of dry firewood. Use electric space heaters with automatic shut-off switches and non-glowing elements. Keep heat sources at least 3 feet away from furniture and drapes. Make sure to have a chemical fire extinguisher, a smoke alarm in working order and carbon monoxide detectors. **Never leave children unattended near a fireplace or space heater.**

Safety measures for staying fed during a storm: Have a week's worth or more of food and safety supplies on hand. Make sure you have drinking water, canned/no-cook foods like breads, crackers, peanut butter, spreads and dried fruits and baby food and/or formula if needed. You will need a non-electric can opener also. Remember to have all prescription drugs and other medicines on hand during the upcoming winter months.

SAIL OFFICE HOURS

8:30 a.m. – 4:30 p.m.

SAIL WEBSITE

www.decatursail.com

CONTACT INFORMATION

Decatur Office

2449 E. Federal Dr.
217-876-8888 (V/TTY/VP)

Decatur, IL 62526
217-876-7245 (FAX)

1-800-358-8080 (V/TTY/VP)
sail@decatursail.com

Shelbyville Office

1604 W. Main St. Ste. 100
217-774-4322 (V/TTY)

Shelbyville, IL 62565
217-774-4368 (FAX)

sailsel@consolidated.net

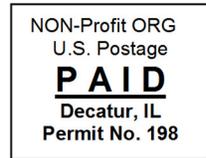
Triple C Office

707 Windsor Rd. Suite B
217-345-7245 (V/TTY)

Charleston, IL 61920
217-345-7226 (FAX)

triplec@consolidated.net

Anyone in need of public safety or emergency services should call 911 for assistance.



2449 E. Federal Drive
Decatur, IL 62526

NOTICE FOR NOMINEES TO THE SAIL BOARD OF DIRECTORS

The SAIL Board of Directors, vested with the management and administration of Soyland Access to Independent Living, SAIL, are responsible to determine and monitor the organization's administrative, personnel and financial policies. They serve as guardians of the SAIL Mission.

"Promoting Independent Living For All People With Disabilities"

Presently there is a need for individuals interested in representing the deaf or hard-of-hearing population or with fundraising and/or financial skills, but all interested candidates will be considered. Consumers and other interested individuals should submit an application form to the Nominating Committee chair. Please call (217) 876-8888 or 1-800-358-8080.



Funding is provided through the U.S. Department of Health and Human Services, HHS, the Illinois Department of Human Services, IDHS, Division of Rehabilitation Services, DRS, and local fundraising projects.